



Quality you can taste

Gluten-Free Recipe Book

Chapter 3: Gluten-Free recipes from around the web



Quality you can taste

Deliciously simple gluten-free recipes

With recipes from The Blender Girl
Tess Masters, Meg van der Kruik of
Beard + Bonnet, Beth Manos Brickey
of Tasty Yummies, Anne-Marie Nichols
of This Mama Cooks, Jackie Sobon of
Vegan Yak Attack **and more!**

Checking all the boxes for health and flavor



CONTENTS

Gluten-free recipes from around the web

6



Fall Harvest Bowl

10



Grilled Mexican Street Corn Soup

14



French Onion Soup

18



Grilled Summer Veggie Gazpacho

22



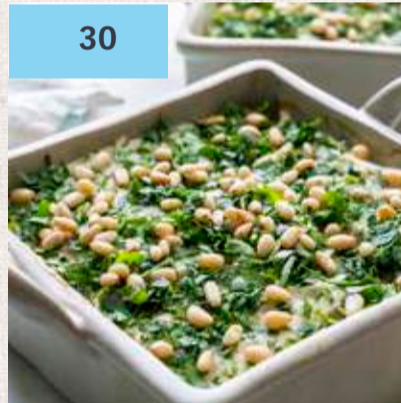
Vegan Cream of Spinach Soup

26



Juniper Venison Stew

30



Vegan Scalloped Potato Bake

34



Roasted Butternut Garlic Bisque with Grilled 3-Cheese Sandwich Sticks

38



Moroccan Red Pepper Soup with Chickpeas

42



Fully Loaded Black Bean Burgers

GLUTEN-FREE RECIPES FROM AROUND THE WEB

We love to cook at Massel. The freshest ingredients and a pinch of innovation keep us hungry for more creations, and when we find bloggers who are whipping up great recipes with our products, we always check out what they're getting into.

Over the years we've tried literally hundreds of recipes that feature our bouillon and seasonings. These recipes are as different and as interesting as the many people who created them! And, while we would love to feature them all, we wanted to distill down to a list of our 10 favorites. The gluten-free recipes in this third chapter of our new Massel recipe e-book cover a range from comforting winter stews to light refreshing summer fare.

We start this chapter with a mouthwatering fall harvest bowl from vegetarian artist, designer and seriously talented gluten-free cook Meg van der Kruik from Beard + Bonnet. This hearty fall dish is full of the things your body wants when the weather is getting cold. And because Massel is a perfect product for all seasons, we're also featuring a grilled veggie gazpacho from Beth Manos, yoga instructor and "wellness warrior." This is the kind of light, refreshing treat that is perfect for days when it's too hot to spend hours firing something up in the kitchen....

We hope you enjoy these recipes as much as we do!





Fall Harvest Bowl

AUTHOR: Meg van der Kruik, Beard + Bonnet | SERVES: 4 | Dairy-Free – Gluten-Free – Kosher
Low-Fat – Vegan – Vegetarian



Perfectly roasted, chili spiced butternut squash paired with caramelized onions, massaged kale, pepitas and millet.

All paired with my current teff obsession: teff “polenta” fries.

This is one of those meals that warms your soul as you eat it! Having a bad day? Grab a bowl. Need an easy dinner to wow your family? Grab a bowl.

– *Meg Van Der Kruik, Beard + Bonnet*

INGREDIENTS

FOR THE SQUASH

1 2-pound butternut squash, peeled, deseeded, cut into small dice

2 tablespoons olive oil

1 heaping teaspoon chili powder

Kosher salt and freshly cracked pepper to taste

FOR THE MILLET

2 cups boiling water

1 Massel 7's bouillon cube, beef flavor

1 cup raw millet

¼ teaspoon kosher salt

1 tablespoon vegan butter, optional

FOR THE KALE SALAD

3 lacinato kale, tightly packed and shredded

¼ teaspoon fine sea salt

1 tablespoon freshly squeezed lemon juice

1 tablespoon olive oil

ASSEMBLE THE FALL HARVEST BOWL

1 batch millet

1 batch chili spiced roasted butternut squash

1 cup caramelized onions

1 batch kale salad

½ cup roasted pepitas

Teff “polenta” fries, optional

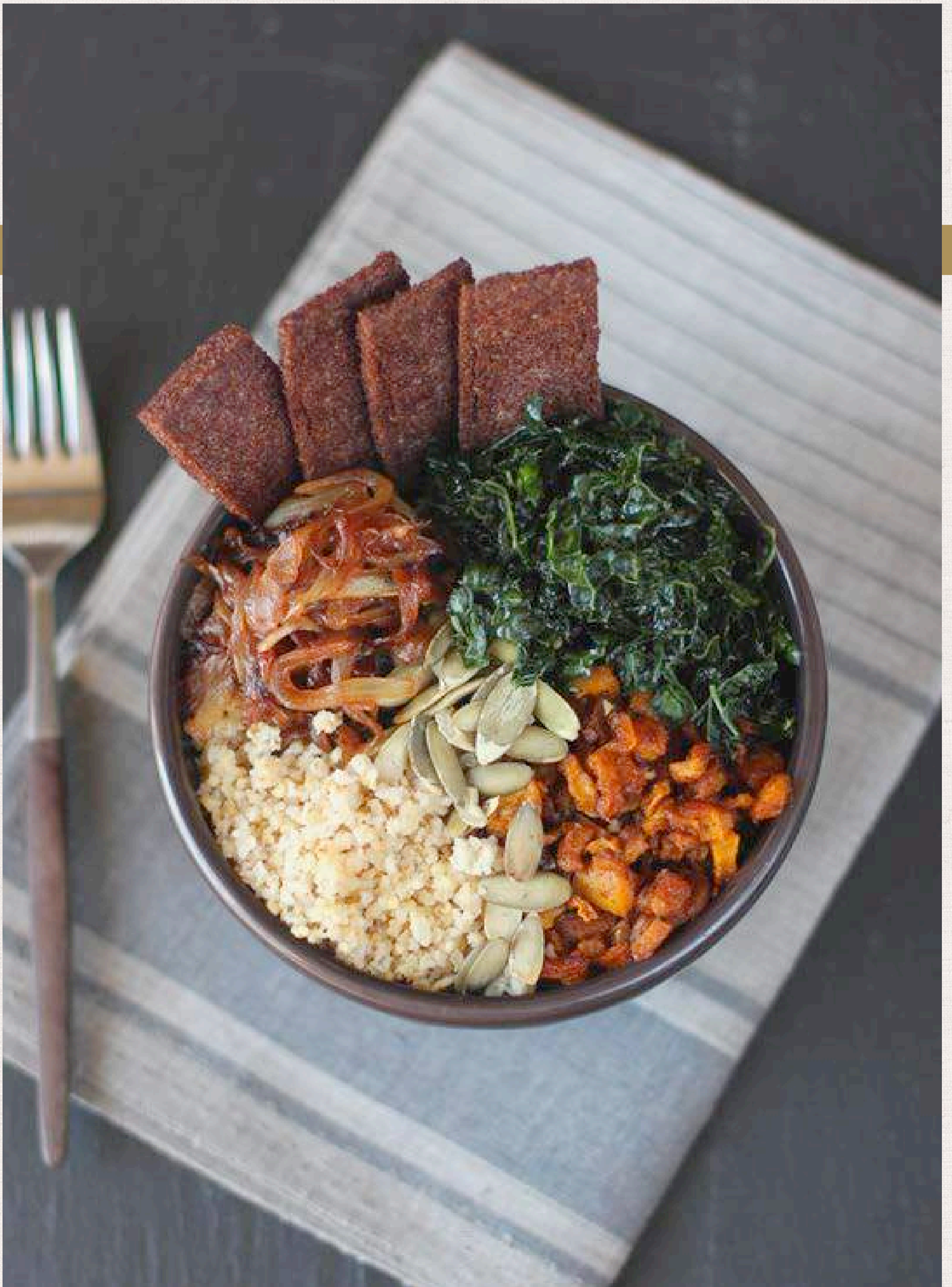
TEFF “POLENTA” FRIES

2 cups water

1 Massel 7's bouillon cube, chicken flavor

½ cup teff

Olive oil





Fall Harvest Bowl

METHOD

PREPARE THE BUTTERNUT SQUASH

1. Preheat the oven to 400°F and line a large baking sheet with parchment paper.
2. In a large mixing bowl combine the cubed squash with the oil, chili powder, salt and pepper. Mix well then spread the butternut squash into an even layer on the prepared baking sheet. Roast in the oven for 30-35 minutes until tender and the edges are beginning to brown. Set aside.

PREPARE THE MILLET

1. Dissolve the Massel bouillon cube into the boiling water and set aside.
2. In a large, dry saucepan, toast the raw millet over medium heat for 4-5 minutes or until it turns a rich golden brown and the grains become fragrant. Watch them closely so that they don't burn.
3. Add the prepared Massel broth and the salt to the pan. Be careful; the pan is hot so it might splatter.

4. Stir well then increase the heat to high and bring to a boil. Decrease the heat to low, drop in the vegan butter and cover the pot. Simmer until the grains absorb most of the water (about 15 minutes).

5. Once the water has been absorbed turn off the heat and let it sit covered for 10 minutes. Fluff with a fork before serving.

MAKE THE KALE SALAD

1. Place the shredded kale, salt and lemon juice in a large mixing bowl and gently "massage" with your hands for 3-5 minutes until the kale is tender. Add the olive oil and "massage" for 1 minute longer.

ASSEMBLE THE FALL HARVEST BOWL

1. Divide the millet equally into 4 bowls, top each bowl with ¼ of the squash, ¼ of the caramelized onions, ¼ of the kale salad, ¼ of the pepitas, and add 3 or 4 teff "polenta" fries if you wish. Serve immediately.

OPTIONAL: TEFF "POLENTA" FRIES

1. Bring the water and the Massel bouillon cube (Chicken flavor) to a boil in a medium-sized pot. Whisk the liquid to make sure that the cube has completely dissolved, then stir in the teff. Reduce the temperature to low, cover the pot and simmer, stirring occasionally for 15 minutes or until the liquid has absorbed.
2. Line a half-sheet pan with foil or plastic wrap and pour the prepared teff into the pan. Spread into an even layer and allow to cool completely then cover and refrigerate for 8 hours or overnight.
3. The next day turn the chilled teff out onto a cutting board; the mixture will keep its form and you can then slice it in half lengthwise then into 18 even rectangles.
4. Preheat the oven to 450°F. Line a large sheet pan with parchment paper and brush the paper with olive oil. Evenly space the pieces out onto a baking sheet and brush the tops lightly with olive oil. Bake in the preheated oven for 30-35 minutes, flipping halfway through.



Grilled **Mexican** Street Corn **Soup**

AUTHOR: Meg van der Kruik, Beard + Bonnet | SERVES: 6 | Dairy-Free – Gluten-Free – Kosher
– Vegan – Vegetarian

Last summer I dedicated countless ears of corn and batches of cashew cream to the task of **remaking my favorite street food staple, and I think I have finally nailed it.** While I love the traditional way that eloté is served, it is really hard to eat. So in an effort to help us all maintain our collective dignity, I decided to take a stab at easing the pain of embarrassment. **I give you...drum roll, please...Grilled Mexican Street Corn Soup!**
– *Meg van der Kruik, Beard + Bonnet*

INGREDIENTS

4 cups water

2 Massel 7's bouillon cubes, chicken flavor

6 ears of corn, grilled & kernels removed from the cob

½ cup corn kernels reserved for garnish

2 tablespoons olive oil

1 cup red onion, chopped

1 hatch chile, stemmed and chopped (jalapeño would also work well here)

1 clove garlic, minced

1½ tablespoons freshly squeezed lime juice

Kosher salt and freshly ground black pepper to taste

GARNISHES

Lime cashew crema (recipe follows)

Fresh minced cilantro

½ cup grilled corn kernels

Red onion relish (recipe follows)

Lime wedges

Hot sauce

LIME CASHEW CREMA

1 cup raw cashews, soaked overnight, drained and rinsed well

¼ cup freshly squeezed lime juice

4 tablespoons full fat canned coconut milk

¼ cup water

¼ teaspoon kosher salt

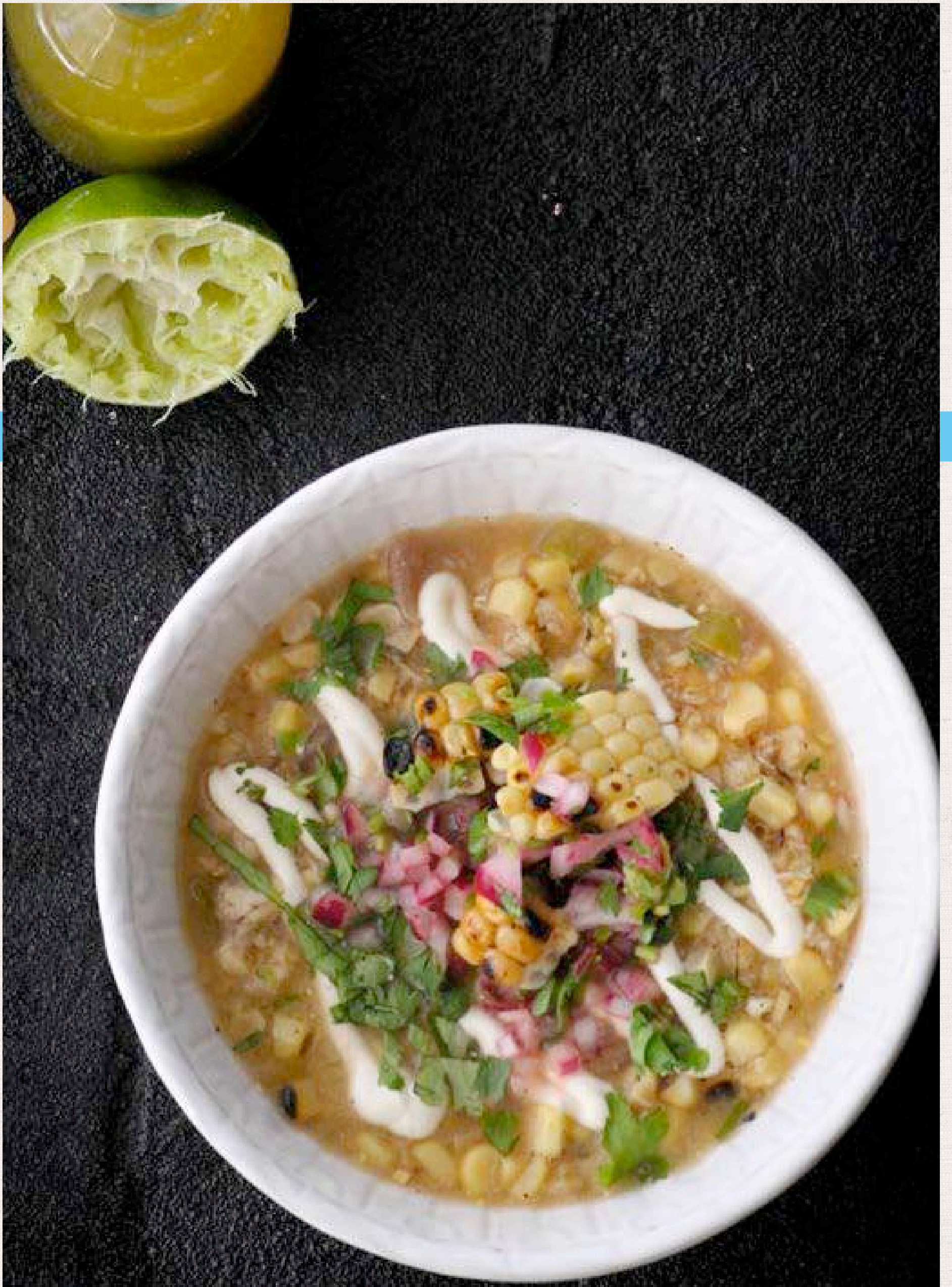
RED ONION RELISH

½ cup red onion, finely chopped

¼ cup cilantro, minced

2 tablespoons freshly squeezed lime juice





A close-up photograph of several ears of yellow corn on the cob, some whole and some cut into smaller pieces, resting on a dark wooden surface. The corn is charred and has a golden-brown color, suggesting it has been grilled. The background is slightly blurred, focusing attention on the corn.

Grilled Mexican Street Corn Soup

METHOD

MAKE THE SOUP

1. In a microwave safe bowl or on the stove, heat the water until boiling and drop in the 2 Massel Chicken Style bouillon cubes and stir until dissolved. Set aside.
2. Heat oil over medium-low heat and sauté the onion and chile with a generous pinch of salt until tender and beginning to turn translucent, stirring frequently for about 4-5 minutes. Add the minced garlic and cook for an additional minute, stirring constantly. Add the grilled corn kernels (except the ½ cup reserved for garnish) to the pan and stir to combine.
3. Pour the prepared Massel broth into the pot and bring to a boil, then decrease the heat to a simmer and cover. Cook for 15 minutes, stirring occasionally.

4. At the end of the cook time take the soup off of the heat. Use either use an immersion blender or transfer approximately 1½ cups of the soup to a blender, pulsing just until the kernels are broken down. Return the puréed liquid to the rest of the soup; this should thicken up the broth a bit.
5. Add the lime juice to the soup and stir to incorporate, then season to taste with salt and pepper.

TO SERVE

1. Ladle the soup into bowls and top with a drizzle of lime cashew crema, minced cilantro, grilled corn kernels and/or red onion relish. Serve with lime wedges and hot sauce on the side, if desired.

MAKE THE CREMA

Combine the cashews, lime juice, coconut milk, water and kosher salt in a high-speed blender and purée until smooth.

MAKE THE RED ONION RELISH

Combine the red onion, cilantro and lime juice in a glass bowl and stir to mix well. Allow to stand for 10-15 minutes for the flavors to develop.



French Onion Soup

AUTHOR: Shawna Coronado, shawnacoronado.com | SERVES: 4 | Gluten-Free – Vegetarian

My goal — to make a lactose, gluten-free and vegan french onion soup recipe good enough that my husband's poker playing buddies would not be able to tell the difference from the traditional variety. How to do this? Easy, just fix the vegan soup – don't tell them a thing – and put it in front of them to gauge their reactions to the recipe. **And guess what? THEY LOVED IT!** This soup recipe is better than most traditional recipes I have tried in the past and it is easy to make.

– *Shawna Coronado, shawnacoronado.com*

INGREDIENTS

4 to 6 large onions, sliced thin

8 cups broth using Massel 7's bouillon cubes OR Concentrated Liquid Stock, beef flavor

1 cup sweet marsala wine

Fresh sage leaves (preferably a branch of sage)

Salt and pepper to taste

Gluten-free bread, toasted

Daiya mozzarella style shreds or

Daiya swiss style slices







French Onion **Soup**

METHOD

1. Place onions in a frying pan and sauté until the onions begin to brown slightly.
2. Deglaze the pan with the sweet marsala wine.
3. Salt and pepper to taste.
4. Add Massel beef style broth and heat through.
5. Place sage branch in crockpot, then pour onion mixture over the sage.
6. Turn crockpot on low for 6 to 8 hours; remove sage halfway through cooking.
7. Serve in individual bowls. Place soup in bowl, top with one toast slice, and a layer of Daiya cheese.
8. Bake bowls in oven until Daiya cheese melts.



Grilled Summer Veggie Gazpacho

AUTHOR: Beth Manos Brickey, Tasty Yummies | SERVES: 4 - 8 | Dairy-Free – Gluten-Free – Kosher – Low-Fat – Vegan – Vegetarian

Rather than choosing just one amazing seasonal item, I was moved to choose a bunch. **I created this delicious grilled and chilled summer soup, inspired by what I have been getting from my garden** and at the farmers markets. The best part about this recipe is it literally lives up to the idea of “CHILL” in more ways than one. It’s obviously a cold soup, but also, with how easy the prep is and in using **Massel’s delicious vegetable broth, there really is such a little amount of work.** It doesn’t get much more chill than that!

– *Beth Manos Brickey, Tasty Yummies*

INGREDIENTS

3 lbs heirloom tomatoes, halved
4 garlic cloves, peeled and left whole
2 large peppers (I used two spicy hatch chile peppers; red bell peppers and poblanos work great, too)
1 medium zucchini, sliced thinly length-wise
1 onion, sliced into ¼-inch slices
2 ears of organic (non-GMO) corn, husked
Organic extra virgin olive oil
Sea salt and black pepper, to taste

2 tablespoons fresh lemon or lime juice or apple cider vinegar (for step 6)
1 cup Massel vegetable broth
2 teaspoons fresh lemon juice (for step 5)
Fresh parsley
Fresh basil
2 scallions, sliced thinly







Grilled Summer Veggie Gazpacho

METHOD

1. Preheat your grill to a medium-high heat.
2. Brush all of the veggies with olive oil. Add the corn to the grill first; this will take the longest. Then add the whole peppers, sliced zucchini and onions. I cook the tomatoes and garlic together in a grill basket.
3. Once the various veggies are tender and have some good char marks, remove to a platter to cool. Pick off some of the large charred bits, but not all.
4. When you take the peppers off the grill, place on a plate and put a lid on top to steam them. Then peel, cut open and remove the stem and the seeds.
5. Slice the kernels of corn off of the cob. Toss the corn with 1 diced, grilled and peeled pepper; roughly chopped fresh parsley and basil; the thinly sliced green onion and the fresh lemon juice. Season with salt and pepper, to taste. Set aside.
6. To the pitcher of your high-speed blender or food processor, add the grilled tomatoes, the other peeled pepper, garlic, zucchini and onion slices, lemon or lime juice, plus 1 cup of Massel veggie broth. Add any fresh herbs of your choice; I added a small handful of fresh parsley and some fresh basil. Give it a couple of quick pulses or short blends: You want to purée the soup slightly. I personally like to leave a little chunkiness. If you want it thinner, add more water or Massel broth.
7. Taste and adjust the seasonings; the gazpacho should be highly seasoned and just a tad spicy. Transfer to a glass pitcher, cover and refrigerate for at least 2 hours (preferably overnight). Garnish with the corn mixture just before serving.



Vegan Cream of Spinach Soup

AUTHOR: Tess Masters, Healthy Blender Recipes | SERVES: 4 | Dairy-Free – Gluten-Free – Kosher
– Low-Fat – Vegan – Vegetarian



I can't seem to go past using whole roasted garlic in my soups, including this one. **It just brings a depth of flavor that is hard to beat.** I suppose, if you are on a winning blend, just keep spinning!

– Tess Masters, healthyblenderrecipes.com

INGREDIENTS

4 cups broth using Massel Concentrated Liquid Stock, vegetable flavor

1 head of garlic

1 tablespoon olive oil

¼ cup green onions (mostly white sections), finely chopped

1 cup red onion, sliced

¼ cup celery, diced

1 cup zucchini, diced

¼ cup flat-leaf parsley, finely chopped

2 cups firmly packed baby spinach

¼ cup raw almonds, blanched and slivered OR ¼ cup raw cashews, soaked

Freshly ground black pepper to taste







Vegan **Cream** of Spinach **Soup**

METHOD

1. Preheat the oven to 350°F.
2. Cut off the top of the head of garlic, wrap the bulb in aluminum foil, and roast it on a baking sheet for 30 to 40 minutes, until tender. Allow the bulb to cool and then squeeze the garlic pulp out of the husks. (This should yield 2 tablespoons or more of roasted garlic.) Set aside.
3. Heat the oil over medium-high heat in a large saucepan. Add the green onions and red onion and sauté for 5 minutes, until the onions are translucent. Add the celery, zucchini and parsley and sauté for 5 more minutes.
4. Stir in the roasted garlic and the vegetable broth. Increase the heat to high and bring just to a boil. Reduce the heat to medium and simmer for 10 minutes. Add the spinach and simmer for 5 minutes more, until the leaves are just tender.
5. Remove the saucepan from the heat and allow the soup to cool somewhat. Stir in the nuts.
6. Pour the soup into your blender in batches and pureé on high for 1 to 2 minutes, until smooth and creamy.
7. Return the soup to the saucepan and warm over medium-low heat. Season to taste with pepper and serve.

TIP

The best tasting spinach has vibrant bright green leaves with crisp stems. This spinach also has the highest nutritional value. Purchase organic whenever possible!



Juniper Venison Stew

AUTHOR: Anne-Marie Nichols, This Mama Cooks | SERVES: 4 - 6 | Dairy-Free – Gluten-Free – Kosher – Low-Fat



The combination of juniper berries, cloves, allspice and nutmeg was not what my family was used to in a stew, **but it was a deliciously wonderful change from the Herbes de Provence type blend that I usually add to my venison stews.** Plus, it was a great way to use up that bottle of juniper berries that's been sitting on my spice rack for eons!

– Anne-Marie Nichols, *This Mama Cooks*

INGREDIENTS

3 cups broth using Massel Concentrated Liquid Stock, beef or vegetable flavor

2 pounds venison, cut into 1 or 2-inch cubes

¼ teaspoon pepper

½ teaspoon salt

2 tablespoons gluten-free flour

2 tablespoons olive oil

2 tablespoons tomato paste

2 cloves garlic, crushed

2 teaspoons juniper berries, gently crushed

8 whole cloves

1 teaspoon allspice berries

½ teaspoon ground nutmeg

1 teaspoon dried thyme

2 bay leaves

1 pound baby carrots

1 pound parsnips, peeled and cut into 1-inch pieces

1 pound baby bella mushrooms, thickly sliced

2 red onions, sliced







Juniper **Venison Stew**

METHOD

1. Place venison stew meat in a bowl and sprinkle pepper, salt and gluten-free flour over the meat. Toss to evenly coat.
2. Heat olive oil in a large sauté pan over medium-high heat. Place venison in pan and cook until evenly browned on all sides. Remove meat from pan and place into slow cooker crock pot.
3. Add 3 cups of broth or water to pan. Bring to boil, lower heat and keep at a low simmer. If using bouillon cubes, add to the pan, and break up cubes with the back of a spoon or spatula. Add tomato paste to pan and stir to combine.
4. Scrape off bits of meat and cooked-on flour with spoon or spatula to deglaze pan thoroughly. Pour contents of pan over meat in slow cooker. Liquid should completely cover venison. If not, add more stock or a little water.
5. Sprinkle spices and herbs on top of meat. Add vegetables.
6. Cover and set the slow cooker to the low setting. Cook for 8-10 hours until the venison is tender.



Vegan Scalloped Potato Bake

AUTHOR: Tess Masters, healthyblenderrecipes.com | SERVES: 8 | Dairy-Free – Gluten-Free – Kosher – Vegan – Vegetarian

I always use Massel vegetable broth in all of my soups. **But, this broth is so flavorful it is fantastic to add a touch of magic to sauces and gravies.** I used their concentrated liquid vegetable stock in this recipe as it has such a magic flavor. To make a basic cream sauce, blend Massel broth with steamed cauliflower and cashews. Then, add any herbs and spices you like, and season to taste.

– Tess Masters, healthyblenderrecipes.com

INGREDIENTS

2 cups broth using Massel Concentrated Liquid Stock, vegetable flavor

1 large head cauliflower, cut into florets and steamed

4 lbs yellow potatoes (10 medium potatoes), peeled and sliced into 1/8-inch rounds

½ cup cashews, raw and unsalted

½ cup toasted pine nuts

2 tablespoons extra virgin olive oil

2 cups yellow onion, diced

1 tablespoon (3 cloves) garlic, minced

1 tablespoon fresh thyme, finely chopped

½ cup flat-leaf parsley, finely chopped

¼ teaspoon freshly ground black pepper

3 tablespoons nutritional yeast, plus more to taste

1 tablespoon fresh lemon juice, plus more to taste

1 teaspoon natural salt, plus more to taste (optional)







Vegan Scalloped Potato Bake

METHOD

1. Cover the raw cashews with boiled water, and allow to soak for 10 minutes, then drain. Discard the soaking liquid. Set the soaked cashews aside.
2. To make the sauce, heat 2 tablespoons of the olive oil in a shallow saucepan over medium heat. Add the onion, garlic, and a pinch of salt, and sauté for about 10 minutes, until the onion is soft and translucent and starting to brown.
3. Prepare your Massel liquid broth, per the instructions on the pack and to your preferred taste. Pour the broth, soaked cashews, nutritional yeast, lemon juice, thyme, onion mixture, pepper and remaining salt into your blender, and then blast on high for 30 to 60 seconds, until well combined.
4. Add the cauliflower and blast on high for about 30 seconds more, until smooth and creamy. You may have to stop the machine, and scrape down the sides of the container.
5. Preheat the oven to 375°F and grease a 2-quart rectangular baking dish with olive oil.
6. To make the bake, pour 1 cup of the sauce on the bottom of the dish. Lay $\frac{1}{4}$ of the potatoes in the bottom of the baking dish in overlapping rows. Pour $\frac{1}{4}$ of the sauce over the first layer of potatoes. Add a second layer of potatoes, and cover with $\frac{1}{4}$ of the sauce. Repeat this process with the remaining potatoes and sauce two additional layers for a total of four layers.
7. Cover with aluminum foil and bake for about 90 minutes, until the potatoes are cooked through.
8. Sprinkle the pine nuts and parsley on top of the bake, and serve family style.



Roasted Butternut Garlic Bisque with Grilled **3-Cheese Sandwich Sticks**

AUTHOR: Jackie Sobon, Vegan Yak Attack | **SERVES:** 6 | Dairy-Free – Gluten-Free – Vegan – Vegetarian

The bisque is made up of roasted butternut squash, sweet potatoes and garlic, plus some rich coconut milk and subtle spice from cayenne and white pepper. Mmm! If you need an easy recipe for bisque that's tasty and kinda fancy, I recommend trying this one out. All you have to do is roast the veggies, blend them up and warm the soup on the stove before serving. **Not that the soup needs any help in the taste department**, but dipping **crispy sandwich sticks** in it kicks it up a few notches.

– Jackie Sobon, *Vegan Yak Attack*

INGREDIENTS

ROASTED BUTTERNUT GARLIC BISQUE

1½ teaspoons **Massel All Purpose Seasoning Granules, vegetable flavor**

2 lbs butternut squash, peeled, seeded and chopped

1 lb sweet potato, peeled and chopped

1 small head of garlic, peeled

2 tablespoons high-heat sunflower or coconut oil

½ teaspoon sea salt

¼ teaspoon white pepper

1½ cups warm water

1 cup full-fat coconut milk

1 teaspoon onion powder

Pinch of cayenne pepper

GRILLED 3-CHEESE SANDWICH STICKS

8 slices of bread

Vegan mayonnaise

Blode Kuh white cheddar spread (or homemade cashew spread with cultures)

½ cup vegan cheddar, shredded

½ cup vegan mozzarella, shredded







Roasted Butternut Garlic Bisque with 3 Cheese Sandwich Sticks

METHOD

ROASTED BUTTERNUT GARLIC BISQUE

1. Preheat oven to 400°F and line a large baking sheet with parchment paper.
2. Toss the squash, sweet potato, garlic, oil, salt and white pepper together in a large bowl, then spread onto the baking sheet into a single layer.
3. Roast in the oven for 25 minutes or until slightly more than fork-tender.
4. Once roasted, place the squash mixture into a large blender pitcher or food processor. Add the water (start with 1 cup), bouillon (start with 1 teaspoon), coconut milk, onion powder and cayenne to the mix and puree until very smooth.
5. Add the additional $\frac{1}{2}$ cup water with $\frac{1}{2}$ teaspoon bouillon if you would like a thinner bisque.
6. Pour the bisque into a pot and warm over medium heat until it gets hot, stirring occasionally.
7. Serve warm, and for a fancy (but optional) garnish, place a couple dots of cashew cream on top of the bisque and drag a toothpick through them to create hearts.

GRILLED 3-CHEESE SANDWICH STICKS

1. Spread a very thin layer of vegan mayo onto each side of each slice of bread. Set aside four slices to be the "tops."
2. On the "bottoms" spread a layer of vegan cheddar spread, then roughly $\frac{1}{4}$ cup mix of the cheddar and mozzarella shreds. Place the tops onto the cheese and cook the sandwiches in a griddle, panini press or on the stove until the outside is golden brown and the cheese has melted.
3. Slice the sandwiches into 4 strips and serve hot with the soup.



Moroccan **Red Pepper Soup** with **Chickpeas**

AUTHOR: HiLasha O’Nan, To the Motherhood | SERVES: 1 - 2 | Dairy-Free – Gluten-Free
– Kosher – Low-Fat – Vegan – Vegetarian



“I don’t believe soup recipes should go into hibernation since the weather is steadily warming up. **I’m debunking the popular belief that soup is reserved for the cooler months** since I have made **one of the most delicious dishes yet**, thanks to Massel!”

— HiLasha O’Nan, *To the Motherhood*

INGREDIENTS

4 cups broth using Massel Concentrated Liquid Stock, chicken or vegetable flavor

1 tablespoon olive oil

½ onion, finely chopped

3 garlic cloves, finely chopped

1 teaspoon smoked paprika

1 teaspoon cumin

1 teaspoon ground coriander

1 carrot grated

2 red peppers, cubed

Salt and pepper to taste

1 tablespoon lemon juice

1 cup cooked chickpeas







Moroccan **Red Pepper Soup** with **Chickpeas**

METHOD

1. Heat up olive oil in a soup pot over medium heat.
2. Add onion and garlic. When onion is translucent, add paprika, cumin, coriander and cook until heated.
3. Add stock, carrots, and red pepper, and simmer until peppers and carrots are tender (approximately 15-20 minutes).
4. Blend with emulsion or regular blender until smooth.
5. Add lemon juice and salt and pepper to taste.
6. Add chickpeas and heat through.
7. Serve.



Fully Loaded **Black Bean Burger**

AUTHOR: Meg van der Kruik, Beard + Bonnet | SERVES: 7 | Gluten-Free – Low-Fat
– Vegetarian

Making black bean burgers at home may seem intimidating, **but it is super easy** and you can get away with **sneaking lots of extra veggies** into them without your kids even noticing!

– *Meg van der Kruik, Beard + Bonnet*

INGREDIENTS

1 tablespoon Massel Concentrated Liquid Stock, beef flavor

1 tablespoon Massel All Purpose Bouillon and Seasoning Granules, beef flavor

1 tablespoon olive oil, plus more for skillet

1 large clove of garlic, smashed

½ cup sweet potato, peeled and finely shredded

½ cup walnut pieces, raw

1 cup Lacinato kale, finely shredded

½ cup gluten-free rolled oats

2 (15 oz.) cans of black beans, rinsed, drained and divided

1 large egg

½ teaspoon cumin

½ teaspoon coriander

1 scallion, light and dark green parts only, thinly sliced

½ cup white cheddar cheese, shredded

1½ tablespoons cilantro, minced

OPTIONAL TOPPINGS

Toasted gluten-free hamburger buns

Shredded lettuce or kale, sliced avocado, sliced tomato, thinly sliced red onion, mustard, mayonnaise, cashew cream, hot sauce, salsa







Fully Loaded **Black Bean Burger**

METHOD

1. Heat the tablespoon of olive oil and the smashed garlic clove over medium heat in a large skillet. Let the garlic cook in the oil until it is golden brown on both sides before discarding.
2. Add the sweet potato to the garlic infused oil in the skillet and sauté until it starts to soften (3-4 minutes). Add the walnut pieces, kale and Massel Concentrated Liquid Stock to the pan. Cook until the kale is wilted and the liquid in the pan is absorbed, about 3-4 minutes longer. Transfer the mixture to a large mixing bowl and set aside to cool.
3. Place oats into a food processor and pulse 3-5 times to roughly chop. Add in one can of black beans and pulse an additional 3-5 times to create a chunky paste. Add the egg, cumin, coriander and Massel All Purpose Bouillon and Seasoning Granules to the food processor and blend until the mixture is a smooth paste. Transfer the paste to the mixing bowl with the cooked vegetables.
4. Add the remaining can of black beans, scallion, shredded cheese and cilantro to the mixing bowl and fold to combine.
5. Line a small baking sheet with parchment paper and lightly spray or wipe with olive oil. With wet hands, measure out multiple 1/3-cups of the veggie burger mixture and form into patties. Transfer the patties to the prepared baking sheet, cover and refrigerate for 10 minutes or up to 8 hours to set.
6. Wipe out the skillet you used for cooking the veggies. Add 1-2 tablespoons of olive oil, swirl the pan to coat, then heat over medium heat. Cook the veggie burgers undisturbed for 4-6 minutes until a nice golden crust has formed then flip and cook another 4-6 minutes to brown the other side. The burger should be firm to the touch in the center when cooked through.
7. Serve with toasted buns and desired toppings.

These recipes are the third chapter of the new Massel cookbook and if you liked these recipes half as much as we did, please sign up for our [newsletter](#).

We have a lot more coming!

Future Chapters Include:

- Quick Dinner Ideas
- Bag Lunch Inspiration

Grab your freshest ingredients and let the magic unfold in the kitchen with these deliciously simple gluten-free recipes.

Happy cooking!



Quality you can taste

Checking all the boxes for health and flavor

